



APPLES TO ZUCCHINI: PARTNERING WITH SCHOOL NUTRITION PROGRAMS

Iowa Nutrition Network Contractors

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Iowa Department of Education
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IOWA
Department of Education

CHANGES TO SCHOOL MEALS



WHAT'S OFFERED AT LUNCH?

◉ 5 components must be offered at each lunch:

- Meat/Meat Alternate
- Grain
- Milk
- Fruit
- Vegetable



WHAT'S ON THE TRAY?



COMMON GOALS

- ◉ Create healthier school environments ...
 - Expand the variety of fruits and vegetables children experience
 - Increase children's fruit and vegetable consumption
 - Make a difference in children's diets to impact their present and future health
- ◉ Power in collaboration



SCHOOL SELECTION CRITERIA

- Be an elementary school
- Represent the highest % of F/R
- Participate in the NSLP
- Complete an annual application

FFVP IN IOWA

- ◉ With additional funding, it's GROWING!
- ◉ 2010-11: 68 schools (\$1,625,893 State grant)
- ◉ 2011-12: 106 schools (\$2,334,084 State grant)
- ◉ 2012-13: 109 schools (\$2,415,334 State grant)
- ◉ Continue to grow in 2013-14



**FRESH
FRUIT &
VEGETABLE
PROGRAM**

HOW IT WORKS

- Schools decide on when, where, and how
 - During the school day but not as part of breakfast or lunch
 - In classrooms, hallways, or kiosks
- Schools decide on what fruits & vegetables & how much
 - New & different
 - Easily identifiable
 - Mix it Up!! Unique with familiar
- Nutrition Education is strongly encouraged
- Required to widely publicize within the school

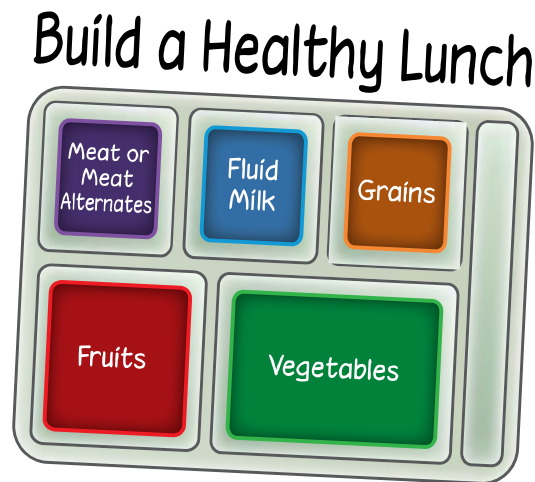


TOP 5 WAYS TO SUPPORT SCHOOL MEALS AND FFVP

#1: Promote Build
a Healthy Lunch

WHAT'S IN THE KIT?

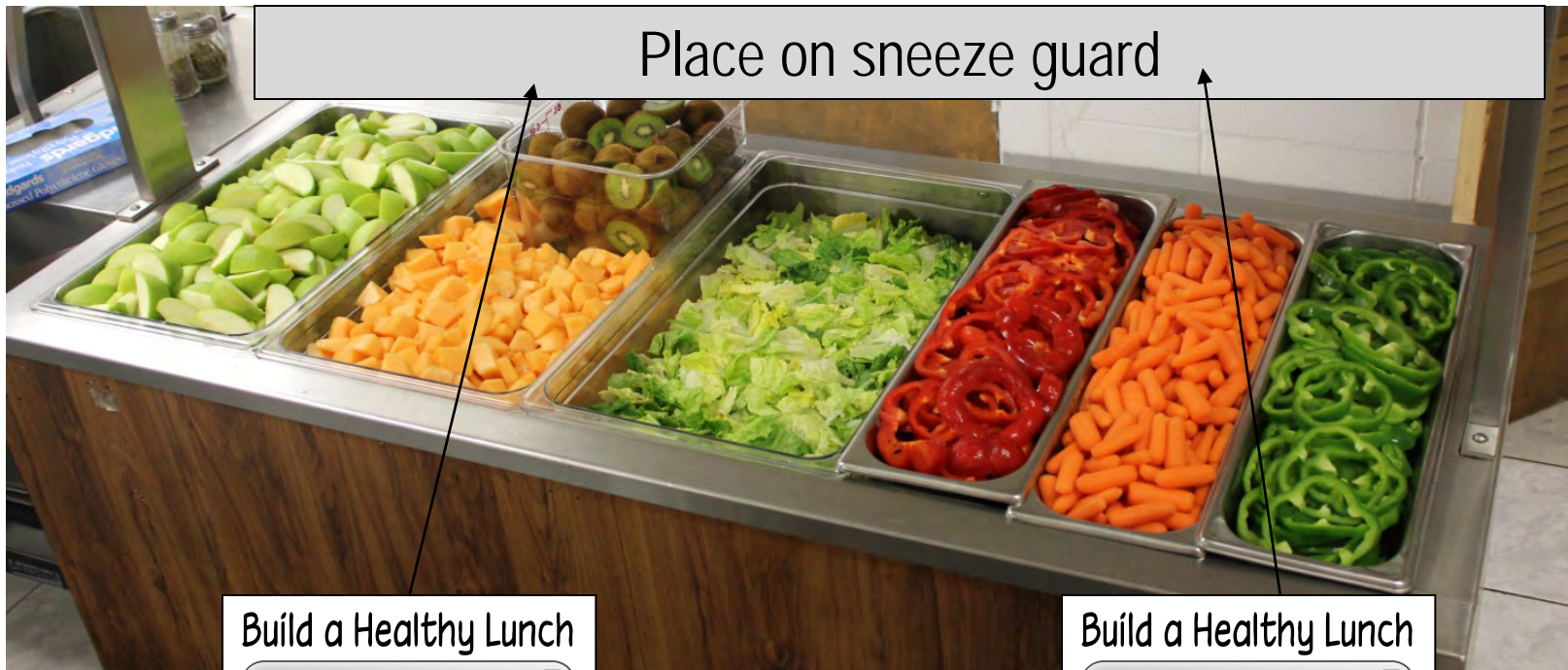
- ◉ Posters
- ◉ Menu Template Guide
- ◉ Mini-Signs/Clings
- ◉ Stickers
- ◉ Implementation Guide



All materials are available to download to customize or to print additional resources.

Line Example: Wayne CSD

Place on sneeze guard



Build a Healthy Lunch

Meat or Meat Alternates	Fluid Milk	Grains
Fruits	Vegetables	

Build a Healthy Lunch

Meat or Meat Alternates	Fluid Milk	Grains
Fruits	Vegetables	

HOW CAN WE PARTNER?

- Have students practice making $\frac{1}{2}$ their plate fruits & vegetables with the MyTray template.
- Encourage students to choose lots of “red” and “green” to Build a Healthy Lunch.



HOW CAN WE PARTNER?

- Connect FFVP & PABS fruits & vegetables to those served in the cafeteria at meal times
 - Via lesson discussions
 - Via serving line signage, cafeteria bulletin boards and table tents
 - Via posters in the cafeteria or ads created by students
- Include FFVP & PABS fruits into the breakfast & lunch menus





TOP 5 WAYS TO SUPPORT SCHOOL MEALS AND FFVP

#2: Sample New Foods



HOW CAN WE PARTNER?

- ❖ Showcase a PABS fruit or vegetable during FFVP
 - ❖ Same week of your nutrition lesson
- ❖ Align nutrition education and food samplings in conjunction the planned FFVP snacks
 - ❖ Highlight the nutrition education and snack connection.
- ❖ Stretch your budget.
 - ❖ Align with the FFVP snack service.
 - ❖ Offer more frequent sampling.

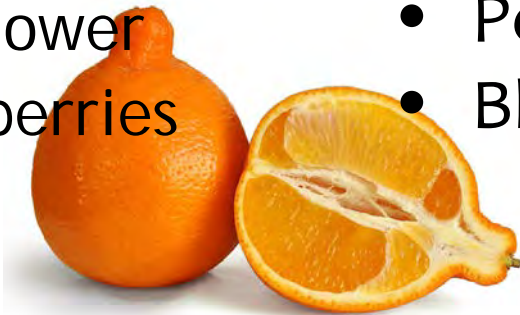




FFVP SNACKS SERVED IN AUGUST



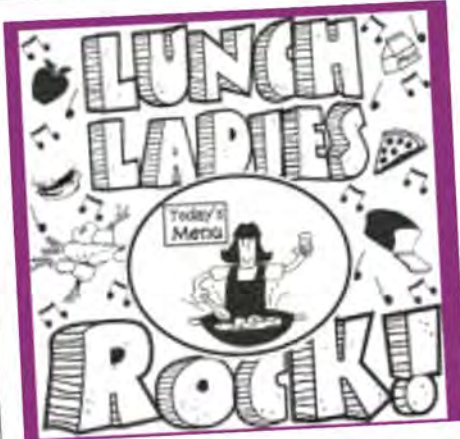
- ◉ Tangelo
- ◉ Grape tomatoes
- ◉ Clementines
- ◉ Plumcots
- ◉ Baby carrots
- ◉ Sugar snap peas
- ◉ Cantaloupe
- ◉ Jicama sticks
- ◉ Cauliflower
- ◉ Strawberries



- Mango
- Cucumber slices
- Celery Sticks
- Spinach
- Peaches
- Nectarines
- Papaya
- Raspberries
- Pears
- Blueberries



- Broccoli
- Kiwi
- Cherries
- Red/green Grapes
- Kohlrabi
- Honeydew melon
- Red/green Peppers
- Radishes
- Watermelon
- Cherries



September 2010 Lunch Menu

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	Beef School Lunch Carrots Coleslaw Apple Milk	Chicken & Rice Coleslaw Apple Milk	Beef & Noodles Coleslaw Apple Milk	Chicken & Rice Coleslaw Apple Milk	Beef & Noodles Coleslaw Apple Milk
Menu	Beef & Noodles Coleslaw Apple Milk	Chicken & Rice Coleslaw Apple Milk	Beef & Noodles Coleslaw Apple Milk	Chicken & Rice Coleslaw Apple Milk	Beef & Noodles Coleslaw Apple Milk
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**SCHOOL DINING
IS NOTORIOUS
FOR BEING LESS
THAN DESIREABLE
FOOD, MOSTLY
BECAUSE PEOPLE
ARE AFRAID
OF CHANGE.**



TOP 5 WAYS TO SUPPORT SCHOOL MEALS AND FFVP

#3: Talk with Food
Service to
promote, connect,
support

HOW CAN WE PARTNER?

- ❖ Connect with the FFVP snacks that were served when you are in the classroom with students.....
 - ❖ What FFVP snack did you have yesterday?
 - ❖ Did you eat it, why or why not?
 - ❖ What did you like about it?
 - ❖ Would you choose it again?
 - ❖ Did you know that
 - ❖ Do you remember that fruit or vegetables was in the story we read called





TOP 5 WAYS TO SUPPORT SCHOOL MEALS AND FFVP

#4: Connect with
the classroom

NUTRITION EDUCATION & PARTNERSHIPS

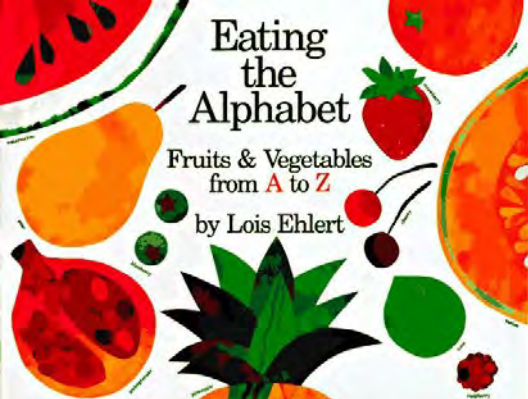
- ◉ Nutrition education can be critical to the program's success
- ◉ Collaboration & partnerships are essential elements



HOW CAN WE PARTNER?

- ❖ Collaborate with staff on the development of nutrition education & wellness activities.
- ❖ General ideas
 - ❖ Art: students create posters
 - ❖ Music: develop a fruit or vegetable song
 - ❖ Library: display & read fruit & vegetable stories
 - ❖ Daily announcements: highlight a fruit or vegetable by giving a fun fact





NUTRITION EDUCATION BOOKS



- ◉ A Fruit is a Suitcase for Seeds
- ◉ Eating the Alphabet
- ◉ The Beastly Feast
- ◉ Oliver's Vegetables
- ◉ Pumpkin Pumpkin
- ◉ The Ugly Vegetables
- ◉ Banana!
- ◉ I Will Never Not Ever Eat a Tomato
- ◉ The Carrot Seed
- ◉ Oliver's Fruit Salad
- ◉ Gregory the Terrible Eater
- ◉ The Vegetables We Eat
- ◉ Tops & Bottoms
- ◉ Blueberries for Sal
- ◉ Dr. Pompo's Nose
- ◉ Food for Thought
- ◉ How Are You Peeling?
- ◉ Growing Vegetable Soup
- ◉ Apple Farmer Annie
- ◉ Autumn is for Apples
- ◉ Grandma Lena's Big Ol' Turnip
- ◉ How Are You Peeling?
- ◉ The Very Hungry Caterpillar
- ◉ D.W. The Picky Eater



HOW CAN WE PARTNER?

○ General ideas for student activities

- Election Day - fruit or vegetable of the month
 - Focus nutrition education on elected fruit or vegetable
 - Include as a FFVP snack
 - Wear the color of the elected fruit or vegetable

○ General ideas for classroom teachers

- Fruit & Vegetable trivia
- Fruit & Vegetable fact of the day





TOP 5 WAYS TO SUPPORT SCHOOL MEALS AND FFVP



#5: Get the word
out to parents,
community

FFVP MENU CALENDAR OR PARENT NEWSLETTER

FRESH
FRUIT &
VEGETABLE
PROGRAM

Fresh Fruit & Vegetable Program

April 2011

Mon	Tue	Wed	Thu	Fri
				1 Fruit/Veg. Surprise
				8 Fruit/Veg. Surprise
		5 Watermelon	6 Celery	7 Fruit/Veg. Surprise
	4 Orange Wedges	Jicama	13 Strawberry	14 Broccoli
	11 Kiwi	12 Watermelon Radish	20 Grapes	21 Fruit/Veg. Surprise
	18 Pineapple	19 Cucumber	27 Banana	28 Cauliflower
	25 Apple Wedges	26 Zucchini		29 Fruit/Veg. Surprise

The Watermelon radish grows to approximately three inches in diameter, displaying a white inner skin in the top half, green outer skin in the bottom half. A large round root vegetable related to the carrot and turnip family, with a strong peppery taste. The Watermelon radish is a member of the Brassicaceae family. The Watermelon radish is considered to be a strong radish, but can be eaten throughout the year. The Watermelon radish is a root vegetable that grows in a similar fashion to the carrot.

Mango Salsa



INGREDIENTS

- 1 mango
- 1/4 cup of red bell pepper
- 1 green onion
- 1 tablespoon lime juice (or 1/2 of a lime)

DIRECTIONS

1. Peel and chop the mango (be sure to remove the seed).
2. Cut the red bell pepper and onion into small pieces.
3. Mix all the ingredients together.
4. Dip in baked chips or celery! Or, put on top of chicken.

Makes 4 - 5 servings.

after snack™

FFVP's Fresh Stamp program, an equal opportunity provider and employer, sustains food for a healthy diet. To find out more, call 1-877-FFVP-FOOD.

Pick a better snack (How easy is that!)



As fun to make as it is to eat!

"Ants on a Log" is not only a great snack for kids, it's fun and easy for them to make!

Ants on a Log

- Cut up celery stick (Mom do this!)
- Wash celery sticks.
- Spread peanut butter on celery.
- Put raisins on top.

Pick a better snack™



Pick a better snack™



&

Act



FRESH FRUIT & VEGETABLE PROGRAM

Wash. Bite.



(How easy is that?)

When they come home hungry,
have fruits and veggies ready to eat.



Peel. Eat.



(How easy is that?)

When they come home hungry,
have fruits and veggies ready to eat.



Slice. Eat.



(How easy is that?)

They learn from watching you.
Eat fruits and veggies and your kids will too.



FEBRUARY



Pick a better snack™ & Act allows you to enjoy a variety of fruits, vegetables and physical activities. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "Tiger" is complete when you make a line of "X"s diagonally, horizontally, or vertically.

Pick a better snack™ & Act

Family Goal Setting

Make half your plate fruits and veggies this month. Start by doing this twice a week. Add a salad, a piece of fruit or a cup of microwaved veggies to make every meal more colorful and nutritious.



Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.foodbankiowa.org for more information.

www.idph.state.ia.us/pickabetersnack



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EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Bell Peppers (Cut, Eat, How easy is that?)

• **Buying:** Bell peppers come in many colors: red, orange, yellow, green, and purple! Choose firm, bright colored peppers with tight skin. Steer clear of peppers with soft spots or cracks.

• **Storing:** Refrigerate bell peppers in a plastic bag for use within 5 days. Leave sliced peppers in a sealed container in the fridge so they're ready for snacks after school!

• **Enjoying:** Bell peppers taste great fresh. They're sweet and mild; don't worry about heat with bell peppers. Just cut open and remove the seeds. Then, cut into rings and enjoy! Think peppers into your favorite meals by adding them to pizza, pasta or nachos. For a tasty treat, cut off the top of a pepper and scoop out the seeds. Put a scoop of low-fat fat cottage cheese inside the pepper. It's a pepper bowl you can eat that's a fun snack for kids.

Resource:

Save money with the 3 easy steps to family meals at www.eatasmart.org



LET'S MOVE!

Let's Move in the Winter.

It's still cool outside, but that doesn't mean you are stuck inside! Head outside for some winter physical activity and have fun.

- Bundle up and have a family snow fight!
- Head to the nearest rink and go skating.
- Make snow angels, a snowman, or a snow fort.
- Shovel the sidewalks or driveway together as a family.



www.idph.state.ia.us/pickabetersnack

NAME _____

has played Pick a better snack™ & Act large this month.

SIGNATURE _____

www.fns.usda.gov/eatasmartplayhardkids

an initiative with the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. This program is a part of the National Food Assistance Program. All other trademarks are the property of their respective owners.

ONE FINAL FFVP THOUGHT

- ❖ Encourage schools to apply to participate in the Fresh Fruit & Vegetable Program
- ❖ Grant announcement is made in March each year



HEALTHIERUS SCHOOL CHALLENGE



Team Nutrition Messages

- ◉ Eat more fruits, vegetables and grains
- ◉ Eat a variety of foods
- ◉ Eat foods lower in fat more often
- ◉ Be physically active each day
- ◉ Get your calcium rich foods



Team Nutrition School

- ◉ FREE nutrition education resources
- ◉ Mini-grants
- ◉ E-newsletter
- ◉ Team Nutrition Banner



Power Panther Costume



HealthierUS School Challenge?

USDA initiative to improve student health & well-being

- ◉ Participates in SBP and NSLP
- ◉ Meet or exceed criteria for meals and competitive foods
- ◉ Nutrition education
- ◉ Physical education & activity
- ◉ School wellness policies and practices



HOW DOES IT WORK?

- ◉ Apply for Bronze, Silver, Gold, or Gold Award of Distinction
- ◉ Certified for 4 years
- ◉ National recognition and prestige
- ◉ Monetary Incentives: \$500 for Bronze; \$1,000 for Silver; \$1,500 for Gold and \$2,000 for Gold with Distinction



HOW TO SUPPORT HUSSC IN YOUR SCHOOL



- ◉ Ask to meet with school wellness committee
- ◉ Work with Principal and PE teachers
- ◉ Present brochures, kit, power point, etc.
- ◉ Get students involved

SCHALLER-CRESTLAND ELEMENTARY SEPTEMBER, 2012



YOU CAN'T EDUCATE A CHILD WHO ISN'T
HEALTHY AND YOU CAN'T KEEP CHILDREN
HEALTHY WHO ARE NOT EDUCATED. ~

JOCELYN ELDERS, MD



LIVE FROM THE FRONT LINES



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